

Ft Wainwright Starts Spouses PT Wellness Program

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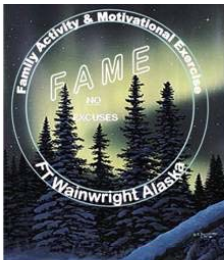
At FT Wainwright, we (community health nursing, PT, NCD, Health Promotions, local gym, ACS and CDC) started a spouses PT program. You can read part of our memo below. We have been doing it for about a month now. We provide educational classes as well as different types of exercise opportunities i.e. yoga, aerobics. We made a logo and T-shirts. I think our program is unique because of being for spouses only and we have a co-op childcare on site. We call it FAME for Family Activity and Motivational Exercise.

PURPOSE: To provide a non-judgmental, motivational environment to exercise at Melaven Gym from 0915-1115, Mondays and Wednesdays. Target audience for this program would be family members of authorized patrons of the physical fitness centers.

GENERAL: FAME is a program developed to provide an opportunity for the participants, especially spouses to utilize Melaven Gym for routine exercise programs. We want to provide a non-judgmental, no excuses environment for participants to exercise with educational and motivational support from the military community.

a. The program will be designed for persons to utilize Melaven Gym for individual exercise programs. To provide a non-judgmental environment we propose access to Melaven Gym is restricted to the programs target audience only. The two-hour blocks chosen are the least used for routine exercise sessions by active duty members at this facility. During this time the Physical Fitness Center is still available for any authorized patrons to use.

b. The program will be touted as a no-excuses environment. Participants in the program can voluntarily utilize the parent co-op for temporary childcare.



*Spouses PT Wellness
Program Logo*